

I am here to serve the residents of the First Congressional District of Virginia, and so is my staff. My district offices, located in Fredericksburg, Tappahannock and Yorktown, are equipped to help individuals who need assistance with a problem related to a federal agency. If you need help, please follow the steps listed below which will help me and my staff assist you more efficiently.

1) Complete a [privacy release form](#) and describe your problem. I will need your written permission pursuant to the Freedom of Information Act and Privacy Act before I can contact any agency on your behalf. To view the privacy release form you must have Adobe Reader on your computer. Click [here](#) to download Adobe PDF Reader.

2) Make copies of all necessary documentation that supports your case for my office. These may include letters from the agency, applicable case numbers and other forms relating to your problem.

3) Send all documents to the closest [district office](#) .

Please note that because I hold a federal office, I do not have jurisdiction to assist in matters involving state or local government. To receive help in these matters, please contact your appropriate elected official at the [state](#) or [local](#) level. I am also unable to assist in judicial matters.